

EUROPEAN SHITO RYU KARATE FEDERATION



BULETTIN N° 1

8th ESHRKF Championships

CHILDREN, CADETS, JUNIORS & SENIORS

12th – 13th JUNE 2020 (Friday, Saturday), Trenčín, Slovakia



Slovak Shito Ryu Karate Association

Championships Organizing Committee:

Chairman of Committee: Mr. Branislav Zubričanák

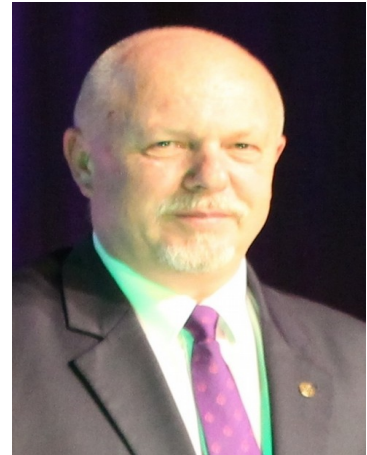
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Dear Shito Ryu Karate friends,

It will be the eighth time since the creation of European Shito Ryu Karate Federation that we celebrate our sporting activities at the Championships. The first five Championships were held in Slovakia, sixth in Italy and seventh in Romania. After two years came back to the country which initiated the creation of ESHRKF. It is an honor for us that the organization of the eighth Championships is again in Slovakia.

Championships in Romania were marked by a spirit of quality sporting performance and number of participating teams and competitors. We expect that our efforts will achieve higher quality at our competitions.

With all my heart I wish all the participants and organizers lot of sporting success and happiness.

Thank you for coming to Trenčín, Slovakia.

**Peter Baďura
President of SSHRKA**

Town of Trenčín, together with Nitra and Bratislava, belongs to the three oldest towns in Slovakia, which have been mentioned in chronicles as early as the 11th century. Its strategically key position close to the three Carpathian passes at the crossroads of the trade routes has always made it an important support point and the right center of the entire Central Považie.

The oldest archaeological findings prove the presence of man in Trenčín and its surroundings in 200,000 years ago. The ancient settlement is represented by the locality of the Hungarian culture from the 2nd millennium ahead. I. from the Early Bronze Age on the Castle Rock and the Remains of the Lusatian Culture of the Late Bronze Age from the Turn of the 2nd and 1st Millennium BC on the castle rock and in the adjacent part of Brezina. In the same locality, archaeological research also revealed the remains of the settlement of the people of Púchov culture from the Iron Age. In the 2nd and 1st centuries, there was a fortified settlement and commercial center from the late Latén, whose Celtic population maintained business relations with the Celts on the Middle Danube, as evidenced by the finding of the Celtic gold coin Athena Alknis and two silver tetradrachms of the type Batsky Bratislava .

In the centuries before the arrival of the Celts, one of the branches of the famous Amber Road, through which the Etruscans, Greek and later Roman merchants from the Mediterranean region to the Baltic region traveled through the Vlára Pass and through the Morava River Basin. From the north they brought precious amber, for which they paid for luxury products of antique craftsmen and wine.
ROMAN SIGNS on the castle rock - birth certificate of the town

At the turn of our era, the Celts pushed out Germanic tribes coming to the territory of western Slovakia from the north and west. The most famous of them were the Quads, who, along with Markomans, based in neighboring South Moravia, led frequent struggles with the legions of the Roman Empire. The most significant clash of both opponents occurred at the time of so-called. The Marcomanni wars when the II. The help of the Legion got to the area of Trenčín, where it was overwintered at the turn of the years 179 - 80.

This event is reminiscent of the well-known Roman inscription on the castle rock that advises Trenčín to an exclusive group of European cities with an ancient past. It should be recalled that the most important Greek geographer, cartographer and polyhistorist Klaudios Ptolemy (90-168) presents Leukaristos behind the Danube in his Geographer, which is most likely identical to Laugarici and thus to Trencin. More information: Laugaricio - Trencin and surroundings in Roman times

First written sources about the city

The founding document of the Prague Bishopric of 1086 mentions the province of Vag in the Central Považie. Given the time of the founding of the bishopric in the last third of the 10th century, it is likely that the Trenčín Castle was already the seat of this province at the end of the 10th and early 11th centuries. However, the oldest written mention of the Trenčín Castle is already in a more precise undated report in the Hungarian gestures. It binds to the year 1067, when the fighting between the Hungarian king Solomon and the Czech principality took place. Indir-

ect evidence of the existence of Trenčín is also mention in the so-called. Mauro's legend before 1074, dealing with the hermits of st. Benedict and Svorad, who lived in the 11th century at Skalka near Trenčín.

Kozmas Chronicle of Chekhov mentions that in 1091 the Czech prince son Bretislav went to his country, Bán (Bánovce, Bánov) near the castle of Trenčín in front of his father, Prince Vratislav.

Trencin itself is mentioned in the so-called. Zoborské documents from the years 1111 and 1113 as a toll and market settlement under the Trenčín castle. In spite of the Hungarian occupation, it seems that the Slavic nobility maintained its origins in the surroundings of Trenčín. In 1241, there was mentioned Trenčín's robe Bogomer (Bohumir), who led the defense of the Trenčín castle against the Tatar. The Tartar invasion, which in this and the following year depopulated a significant part of Hungary, was directed by the Vlársky Pass in one stream from northern Moravia to Trenčín at the end of April. Podhradská settlement was apparently destroyed, but the castle itself, at that time certainly at least part of the stone, resisted the attack.

Trenčín in the period of Matus Čák. Trenčín also gained the right to enclose walls. The 15th century town fortification, consisting of a simple fortification belt with two gates, followed the fortification of the castle and, together with the fortified parish church, the so-called. Marienburg, it formed a unified comprehensive fortification system.

History of the Free Royal Town

In 1412, the Emperor and King of Hungary, Sigismund of Luxembourg, granted the status of a free royal town with the rights of Buda and Szekesfehervar. The town ranked among the most important cities of the Kingdom of Hungary.

In the middle of May 1528, the castle of Trenčín was besieged by Ferdinand I of Habsburg under the command of General Johan Katzianer as the most important stronghold of the defaulter John Zápoľský. On June 28, the castle surrendered. The city was already burned out, looted and devastated. The city walls were also damaged. After their repair in 1543, the municipal municipality approached the two city gates. In particular, the Lower "Turkish" gate was reinforced by a semi-circular barbican with a smaller tower.

The parish church and chapel (karner) st. Michala. However, the destroyed Franciscan church behind the walls in the suburbs was not repaired even though its walls were standing until 1596. It shows the first known view of Trencin, the vista of the city from 1580.

Worries were not unnecessary, as it was shown in 1599, when the plundering hordes of Crimean Tatars in the service of the Ottoman Sultan got to Trenčín and devastated the wider surroundings. In 1604, however, the city did not pass fate, and Bočkaji hajdús made terrible damage to it. They were then joined by the tense relations of the city council to the new castle lord Štefan Ilešház, accompanied by mutual trouble and wickedness. The catastrophe was repeated less than 20 years later when the looting troops of Gabriela Bethlen seized Trenčín. And in order not to be enough, the city was hit by a flood in 1625. In 1644-1645, Trenčín

was again threatened by rebel troops of Juraj I. Rákoci. The plague killed more than 300 inhabitants in 1656. The re-invasion of the Ottoman troops hit the central Považie in 1663. While attacking the city on October 2, the Turks did not smash the castle, but they burned the suburbs and more than 300 burgesses and soldiers of the castle garrison fell in the defense of the city, others were dragged into slavery and burned 17 villages. 15 years later (1678-1683) Imrich Tököli troops ravaged the surroundings of Trenčín. The last, but the biggest, disaster affected Trenčín during the reign of František II. Rákociho. Although the Kuruc troops did not acquire the castle, but on 14 February 1704 they occupied the town below. Although soon they were forced to withdraw on May 2, the blockade lasted for four years. The famine and the disease raged and, in addition, on May 14, 1708, a catastrophic fire broke out that destroyed or seriously damaged 195 homes, the Piarist Church, and the city fortifications that had not been repaired.



Some sights you should definitely see in Trenčín:

Trenčín castle

- **The third largest castle in Slovakia**
- **It has existed from the Bronze Age through times of Celts and Germanic tribes**
- **In the 11th century a stone tower was erected**
- **It is a midpoint of the castle and the most dominant part of the city skyline**
- **Few decades later, it was the seat of Matúš Čák of Trenčín, who made it his residential castle and the centre of his extensive domain called "Matúš's land"**

Opening hours to the castle:

- **Everyday from 9 a.m. to 17.30 p.m.**

Roman inscription on the castle rock

- **Back to the second century AD, there was a time of the Marcomanni Wars**
- **The Roman soldier of the II. Legion, who were spending winter at Laugaricio left a writing on the rock below the castle, known today as Roman Inscription**
- **Nowadays we can see this inscription through the window of Hotel Elizabeth**

Hotel Elizabeth

- **It was first built by baron Armin Popper in 1901**
- **Later the hotel was purchased by Tatra bank and the name was changed to Tatra Hotel**
- **Nowadays it is called The Hotel Elizabeth again and it is rebuilt to a wellness hotel with special restaurant and special exclusive care**

Parish Stairway

- **They were built in the 16th century**
- **They are made of wood**
- **Stairs connect Mierové square, Parish church, the castle and later the Brezina woods**
- **In 18th century were stairs damaged by fire and after its restoration, the stairway was used as a public communication**

Plague pillar

- **It was built in 1702 in the centre of the square to commemorate a plague that hit Trenčín in 1710**

USEFUL INFORMATION

Emergency Calls

| | |
|------------------------|------------|
| General | 112 |
| Ambulance | 155 |
| Police | 158 |
| Fire Department | 150 |

Time Zone: From April to October, GMT +1

Weather in June: 22°C – 26 °C mild, spring-like weather

Electricity power

The plugs are in accordance with the European system of round pins. 220/ 50Hz

Nearby hospitals

The hospital in Trenčín: Legionárska 594/28

The hospital in Ilava: Štúrova 3, 019 01 Ilava

Airports

Slovakia Bratislava Airport

It is about 137 km away from Trenčín

Austria Swechat Wiena Airport

It is about 180 km away from Trenčín

Hungary Budapest List Ferenc Airport

It is about 260 km away from Trenčín

Poland Katowice Airport

It is about 240 km away from Trenčín

Currency

The National Currency of Slovakia is Euro (€). There is a possibility to exchange the money for example in shopping centre Laugarício Trenčín.

Banks

Down mentioned Banks offer currency Exchange and cash services advanced on major credit cards during weekdays.

Tatrabanka: *Gen. Svobodu 1
Belá 7271
Palackého 86/6*

UnicreditBank: *Námestie sv. Anny 3*

Slovenská sporiteľňa: *OC MAX Trenčín – Kubranská
Námestie sv. Anny 3148
Belá, OC Laugarício Trenčín
Veľkomoravská 9
Gen. Svobodu 2
Električná 2314
Šoltésovej, Rozkvet 4
Soblahovská 1508/4
Gen. M.R. Štefánika 426*

VÚB banka: *Belá, OC Laugarício Trenčín
Legionárska 3735/5
Mierové námestie 37/37
Zlatovská 2610*

Ways and opportunities of transport:

- **Bus station**
- **Railway station**
- **Airports: the nearest is the Airport in Bratislava**
- **Taxi services: 1. Dodo taxi - +421 905 716 555
2. Laugotaxi - +421 914 123 123
3. Benco Taxi - +421 949 136 296**

<https://visit.trencin.sk/taxi-sluzby/> - other taxi services in Trenčín

Transport from/to Vienna:

- **https://austriatransfers.at/en/vienna-transfers?gclid=EAlaIQobChMI-2N3Wk4rL4wIVUIXTCh3gwg_SEAAYAiAAEgJ7NPD_BwE**
- **<https://www.nadosah.sk/transfery/transfery-z-trencina>**

SPORTS HALL SIHOŤ

Mestská športová hala, Mládežnícka 1, 911 01 Trenčín

It is located 750 m by walking from the town centre.

Seats capacity: 1.400 spectators



Accommodation: Federations, Groups will book accommodations according their demand. You can choose accommodation from our Hotels and Pensions as shown below.

| Hotel & Class | Single room | Double room | Double room + extra bed | Triple room | Four room | Apartment | Breakfast |
|-------------------|-------------|-------------|-------------------------|------------------|------------------|-----------|-------------|
| Hotel Grand | 61 € | 67 € | 87 € | 128 € | 134 € | | 8 €/ person |
| Hotel Magnus - HQ | 81 € | 101 € | 126 € | 171 € 2 rooms | 182 € 2 rooms | | Included |
| Pension Letisko | 40 € | 49 € | | 89€ | 98€ | | 5 € |
| Pension Exclusive | 50 € | 53 € | 73 € | 75 € | 76 € | | Included |
| Pension Evergreen | 26 € | 50 € | 60 € | 62 € | 82 € 2 rooms | | 4,50€ |

Hotel Magnus – Head Quarter



The other opportunities of accommodation in Trenčín:

- Hotel Elizabeth – repcia@hotelelizabeth.sk
- Hotel Magnus – repcia@hotelmagnus.sk
- Penzion Letisko – info@penzionletisko.sk
- Penzion da Giacomo – info@penziondagiacomo.sk
- Penzion Evergreen – penzionevergreen@penzionevergreen.sk
- Old town Apartment – apartmentstn@gmail.com
- Elegant apartmán ajaj – info@a-hotel.com
- Hotel pod Hradom – info@hotelpodhradom.sk
- Hotel Mariána Gáboríka – hotel@mariangaborik.sk
- Grand Hotel Trenčín – info@grand-hotel.sk
- Penzión Exclusive - info@penzionexclusive.sk
- Penzión Royal – info@penzionroyal.sk
- Garni Hotel – hotel@sog.sk
- Penzión Scarlet – scarlet@slovanet.sk

Insurance: It is recommended that all participants must affect their own medical insurance and personal trip insurance. The organizers are taking no liability for these concepts. The competitors start on their own risk, the Chief of the delegation have to sign the enclosed terms of responsibility sheet and return it by March 30th 2020.

Participant: Full and provisional ESHRKF members Federations and Groups. Non-member, Federations, Groups and Individuals wishing to participate in the Championships they will have to contact the organizers to arrange the terms of their participation. Non-members, however, must come from countries that do not have in the ESHRKF registered member. You can see member countries of ESHRKF at the: www.shitoryukaratefederationeurope.wbl.sk

Registration: at the internet page www.sutazekarate.sk you can register your team composition, competitors, Referees & Judges, VIP and Officials. Member Federation can register 4 competitors to each category and 1 team. Provisional and Non member Federation can register 2 competitors and 1 team to each category

ESHRKF members and non-member Individuals, Teams will pay the following entry fees

| | | |
|--|--------------|------------------------------|
| Male & Female senior Kumite team | members 55 € | provisional & nonmembers 70€ |
| Male & Female junior & cadet Kumite team | members 45€ | provisional & nonmembers 60€ |
| Male & Female senior Kata team | members 45 € | provisional & nonmembers 60€ |
| Male & Female cadet & children Kata team | members 35 € | provsional & nonmembers 50€ |
| Each Senior individual entry | members 25 € | provisional & nonmembers 35€ |
| Each Children, Cadet & Junior individual entry | members 20 € | provisional & nonmembers 30€ |
| Annual Coach license | members 30€ | provisional & nonmembers 40€ |

System:

ESHRKF Rules for Kata and Kumite competition will be applied. Full repechage for two third places will be done.

In case when Championships will be in time shortage, Kumite bout can be cut shorter about 30 sec. This provision can be apply in Kumite age categories from 10 years to 17 years.

Referees:

Referees with National, Style & International qualification are welcome. Participating Referees should attend pre Championship briefing and hand over their Karate Passport with confirmation of an allotted license. After briefing Referees will seat and pass theoretical examination from ESHRKF competition rules. At the briefing Referee commission will appoint Match area Controller, Appeal jury, deploy Referees and Judges to Tatami. Regular ESHRKF Federations, Groups have obligation to present minimum four (4) and maximum eight (8) Referees for the Championship, Federations or Groups, who will not present Referees will be penalized by fine of 70€.

CHAMPIONSHIPS CATEGORIES & DISCIPLINES

| Gender | Ages categories | Weight categories | Disciplines | Duration of Bout |
|-------------------------|------------------------|----------------------------------|---------------------|--|
| Boys & Girls | 8 - 9 | -27, - 32, +32kg | Kata, Kumite | 1 minute |
| Boys | 10 - 11 | -30, -36, - 43, +43kg | Kata, Kumite | 1,5 minutes |
| Girls | 10 - 11 | -37, -45, +45kg | Kata, Kumite | 1,5 minutes |
| Boys | 12 - 13 | -38, -44, -50, +50kg | Kata, Kumite | 1,5 minutes |
| Girls | 12 - 13 | -42, -48, +48kg | Kata, Kumite | 1,5 minutes |
| Cadet Boys | 14 - 15 | -55, -58,-67, +67kg | Kata, Kumite | 2 minutes |
| Cadet Girls | 14 - 15 | -48, - 55, +55kg | Kata, Kumite | 2 minutes |
| Junior Boys | 16 - 17 | - 59, -65,- 72, +72kg | Kata, Kumite | 2 minutes |
| Junior Girls | 16 - 17 | - 50, -58, +58kg | Kata, Kumite | 2 minutes |
| Masters M&F | + 35 + 45 + 55 | Open | Kata, Kumite | 2 minutes |
| Senior M & F | +18 | | Kata | |
| Senior Male | + 18 | -65, -72, -80,+80kg, Open | Kumite | 3 minutes |
| Senior Fem. | + 18 | -53, -60, +60kg, Open | Kumite | 2 minutes |
| Child. M&F | 9 - 12 | | Team Kata | Medal bout for Bunkai 3 minutes time allowed |
| Cadet M& F | 13 - 15 | | Team Kata | Medal bout for Bunkai 3 minutes time allowed |
| Senior M & F | + 16 | | Team Kata | Medal bout for Bunkai 3 minutes time allowed |
| Cadet M & F | 12 - 14 | Open | Team Kumite | Male & Female bout 2 minutest |
| Junior M & F | 15 -17 | Open | Team Kumite | Male & Female bout 2 minutes |
| Senior M & F | + 18 | Open | Team Kumite | Male bout 2 minutes Female bout 2 minutes |

Championships provisional schedule

Thursday 11th June, 2020

| Time | Activities | Place |
|-------------------------|----------------------------|-------------|
| 09.00-12.00,13.00-15.30 | Referee course | SH VIP Room |
| 16.00 - 17.00 | Coach briefing | SH VIP Room |
| 17.30 - 20.00 | General assembly | SH VIP Room |
| 17.30 - 21.00 | Registration of delegation | SH |

Friday, 12th June, 2020

| Time | Activities | Place |
|---------------|---|--------------|
| 08.30 - 12.00 | Eliminations, Repechages & Finals M&F all Children & Junior Individual & Team Kata categories | SH Sihot' |
| 12.00 - 12.30 | Opening ceremony & Medal awards | SH Sihot' |
| 12.00 - 12.30 | Lunch break for Referees & Judges | SH Sihot' |
| 12.30 - 15.00 | Elimination, Repechage & Finals Kumite Children 1. 2. 3. categories | SH Sihot' |
| 15.00 - 17.30 | Eliminations, Repechages & Finals M&F Kumite individual Junior categories | SH Sihot' |
| 17.30 | Eliminations, Repechages & Finals M&F Kumite Junior Team categories. | SH Sihot' |

Weigh in :

09.00 - 09.30 / boys & girls 8-9

09.30 - 10.00 / boys & girls 10-11

10.00 - 10.30 / boys & girls 12-13

10.30 - 11.00 / boys & girls 16-17

Saturday 13th June, 2020

| Time | Activities | Place |
|---------------|--|--------------|
| 09.00 - 12.00 | Eliminations, Repechages & Final all Individual & Team M&F Kata senior & cadet categories | SH Sihot' |
| 12.00 - 12.30 | Lunch break | SH Sihot' |
| 12.30 - 17.30 | Eliminations, Repechages and Final Individual and Team cadet categories M&F Kumite Eliminations, Repechages & bouts for 3.place-Individual & Team Kumite senior categories. | SH Sihot' |
| 17.30 - 19.00 | Finals of Kata & Kumite Individuals and Team senior +18 events | SH Sihot' |
| 19.00 | Medal Awards & Closing ceremony | SH Sihot' |

Weigh in: 08.30 - 10.00 / male & female cadet
10.00 - 11.30 / male & female cadet

NOTES:

During the registration of participating teams on 11th June 2020, for all kumite competitors there will be possibility for weighing.

IMPORTANT:

All competitors must be in the Sport Hall minimally one (1) hour before the start of their competition category.

At the opening ceremony all participating teams should present at least 5 competitors of each age categories.

TERMS OF RESPONSIBILITY

Participating Federations and Groups should fill, sign and send back before 30th March, 2020 I, _____ the undersigned, as a Chief of delegation of my Federation, Group, duly enrolled to participate in the 8th European Shito Ryu Karate Federation Championships, which will be held in Trenčín, Slovakia, from the 11th to 13th of June, 2020, with full knowledge of the Statutes, the Rules and the Norms of EUROPEAN SHITO RYU KARATE FEDERATION, pledge myself to faithfully accomplish the regulations of this entity mentioned above. And I take any and all administrative, civil and criminal responsibilities of whatever happens to our athletes, coaches and other members of our delegations participating in this Championship, before, during and after the competition, such as physical injuries, personal expenses, or monetary debts and casual material damages to the hotels, the venue, means of transportation etc.

Furthermore, I exempt from any legal, civil or criminal responsibilities the organizer of the Championships, the ESHRKF, its directors, as well as any person, company, or entity related to the event (sponsors, public, and private entities).

I authorize the organizers of the event to use images, photos and names of our competitors and other members of our delegation (since it is considered necessary) for the sport activities and publications of karate, related to the event without any monetary compensation.

| | |
|--------------------------------|--|
| Federation, Group: | |
| Surname, First name: | |
| Passport number & expiry date: | |
| Position in Federation, Group | |
| Address: | |
| Mobile Phone Number: | |
| Telephone Number: | |

Fill in, stamp, sign and sent to:
European Shito Ryu Karate Federation
M.R.Štefánika 47
940 65 Nové Zámky
Slovakia
MobilePhone: ++421903737551
Email: eshrkf@gmail.com

Stamp & Signature